



Top reasons we get headaches

Most people get headaches from time to time. Here are a few common causes:¹

Illness - Colds, fevers, inflamed sinuses, and throat or ear infections. Headaches can also come from a head injury or other medical conditions.

Stress - Emotional stress, depression, alcohol use and changes in sleep patterns.

Physical conditions - Neck or back strain due to poor posture, eye strain, clenched or grinding teeth.

Environment - Tobacco smoke, strong smells from household chemicals or perfumes, allergens, and certain foods.

Usually over-the-counter medication can help ease headache pain, but sometimes it can be more complicated than that. Register for our webinar below to learn more.



Wellness Webinar Series

Discover the different kinds of headaches and migraines.

June 16, 2021 | 10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars2.html>

1. WebMD, "Headache Basics", Jennifer Robinson, MD, September 14, 2020, <https://www.webmd.com/migraines-headaches/migraines-headaches-basics>

The information provided here should not be used for diagnosing or treating a brain injury, health problem or a disease. It is not a substitute for professional care. If you have or suspect you may have a brain injury, you should consult your healthcare provider.



Coach's corner

As an ActiveHealth wellness coach, Jose has a passion for helping people be their healthiest self.

Jose's well-being tips:

Keeping a headache journal can help your healthcare provider diagnose your type of headache. When one occurs, be sure to write down:

- The date and time.
- How long it lasted and the pain level.
- Sensitivities to your environment beforehand.
- All the medications you're taking.
- The food and beverages you consumed; up to 1 day before.
- Your sleep habits beforehand.
- Any stress you're dealing with.



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MyActiveHealth.com > Resources > Learning Center.

How to handle headaches.

Most minor headaches can be treated with aspirin, acetaminophen, or ibuprofen. There are other remedies that may help too:¹

Acupuncture and stress management classes can reduce stress and tension.

Reflexology massages certain pressure points, such as the head and shoulders, which may help relieve headaches.

Mild to moderate exercise produces certain brain chemicals that make you feel happier and relaxed.

Cold or hot therapy involves applying a heating pad or an ice pack to your head for 5 to 10 minutes a few times a day.

Taking a hot bath or shower relaxes tense muscles.

1. Healthline, "Headache Treatment", August 2, 2018, Rachel Nall, MSN, CRNA; Matthew Solan and Verneda Lights. <https://www.healthline.com/health/headache>



For more tips on how to manage your well-being, visit MyActiveHealth.com

